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## HEMI-SYNC® ODYSSEY—PART III

by Barbara Bullard, MA

*Two previous issues of the FOCUS chronicled the experiences of community college instructor Barbara Bullard as she applied HUMAN PLUS to enhance learning and support change and selfdevelopment for herself and her students. However, much of her initial reason for trying the tapes was to find a means of eliciting the body's autonomic healing mechanisms. From Barbara's viewpoint, this is yet another area in which H-PLUS® has proven its effectiveness. She shares the observations that have led her to this conclusion.*

**FOCUS:** Barbara, you mentioned that self- healing was the area in which you had the greatest hopes for H-PLUS. Did the tapes meet your expectations?

**Barbara:** Aiding the healing process is where the tapes have been most impressive.

**FOCUS:** How did you begin to explore this potential?

**Barbara:** A student who had AIDS came to me distressed at his declining T-cell count. We scanned the tapes and chose *Regenerate*, thinking that it would help him in visualizing the production of new T-cells.

**FOCUS:** And did it?

**Barbara:** Within three weeks of using the tape, he was tested again and his T-cell count had doubled. His doctor commented on this significant increase, and the student shared his experience with *Regenerate*. When they tested his T-cell count again in two more weeks, there was a second significant gain.

**FOCUS:** It seems that your student would want to spread the good news!

**Barbara:** He ordered four more *Regenerate* tapes for friends with AIDS and all of them had similar increases in T-cell counts. Since that time, I've recommended this tape to other HIV patients to help rebuild their immune systems, with comparable results.

**FOCUS:** Have other H-PLUS tapes shown promise for stimulating the immune system?

**Barbara:** *Tune-Up*, with the Command Plus- Balance, Heal, and *Restorative Sleep*, which is often recommended to help make sleep a more profound healing state, have been especially beneficial. These tapes work for long-term disabilities and post-op recovery.

**FOCUS:** How about selections for specific conditions and situations?

**Barbara:** Many people with chronic lung problems or AIDS-related pneumonia find that *Lungs: Repair & Maintenance* speeds up the healing process. I suggested *Brain: Repairs & Maintenance* to a student recovering from severe head trauma. He was having memory loss and anxiety after being beaten over the head with a baseball bat during a robbery. He was in my class for two months and I was amazed at the changes. His attitude became more positive and less anxious, his writing skills became more lucid, and his nonverbal body communications normalized. The student was certain that the tape aided his overall improvement

**FOCUS:** Have you, yourself, had occasion to employ *H-PLUS* for illness or injury?

**Barbara:** I had personal success with *Heart: Repairs & Maintenance, Circulation*, and a rather dramatic experience with *Brain: Repairs & Maintenance*, which I'll talk about in our final installment.

**FOCUS:** We'll certainly look forward to your saga! Do you have any closing comments on *H-PLUS* for health and healing?

**Barbara:** Yes, two tapes in particular have had a real impact with the more mature population. Several friends plagued by tinnitus [ringing or buzzing in the ears] commented that after using *Sensory: Hearing* several times their tinnitus disappeared for long periods. When it came back, they only had to listen to the tape again. More than thirty people have had success with *Sensory: Seeing*, and two stories stand out. Using the tape, an eighty-year-old nun went through cataract surgery extremely well and stunned the doctor by "total" recovery of her vision. A friend, having difficulty regaining her sight after surgery for a detached retina, used *Sensory: Seeing* with *Circulation* to bring her eyesight almost back to normal.

**FOCUS:** Barbara, thank you for providing so many outstanding examples of the unusual amount of control people can exercise over how they feel and heal.

**Barbara:** You're welcome. I've read that the body's cellular change affects the eyes, so, at the cell level, we have new eyes every two months. These two stories proved the theory to me! In talks to groups, I get the most follow-up calls about *Sensory: Hearing and Seeing* because their effects are so obvious.